

Louisiana Cafe

BY DYLAN HOLTMEIER

I'M NOT A HUGE BREAKFAST guy. My standard breakfast is an apple and the occasional muffin or dessert I have lying around (Oreo breakfasts are highly recommended). I also generally don't like eggs, so that takes a big chunk out of my breakfast food options. But, I have always liked the idea of big breakfasts and breakfast restaurants. They all have a nice cozy vibe to them and seem to always have some interesting characters hanging around. There's always that table of really old guys who probably worked together their whole lives and now get breakfast together, just sitting in silence drinking their mediocre coffees. All this being said, I thought I should be brave and give breakfast another chance. And I'm glad I did. Most breakfast places I've been to have OK food, a solid three stars. It doesn't really taste bad, but I never leave thinking I want to come back or wish past me hadn't been such a pig and eaten it all. There's always one of the cardinal sins every breakfast place inevitably commits, like the gravy being too thick and savory, or there's way too much salt, or the biscuits are dry and feel like sawdust, or the eggs are rubbery.

Thankfully, the Louisiana Cafe manages to avoid these false steps. They have a smart solution to subpar gravy; they almost completely avoid putting gravy in their food. Instead, they made hollandaise sauce their go-to sauce base and made a name for themselves because of it. Hollandaise is a classic French sauce that, from my understanding, serves as a stable base for other flavors to build off of. I thought it tasted slightly tangy in a good way, but otherwise, it stayed in the background and added a pleasant smoothness to the dish, in

texture and flavor. I ordered the Cajun Breakfast, a bed of hash browns, onions, green peppers, and mushrooms topped with eggs, cheese, and a hollandaise/cayenne sauce. The meal was well balanced, with no flavors outdoing the other, and there was a perfectly acceptable amount of salt. The eggs were well done; not a hint of rubberiness and the yolk was creamy but not too runny.

The toast was also good, being crunchy but not losing the softness of bread in the middle of each slice. It also tasted delicious dipped in the hollandaise. It was probably one of the better breakfasts I'd had in a while, and I finished most of the food without feeling like I spent a good long while at a salt lick. My friends were also impressed with their meals and had only good things to say about them. I do have some criticisms though: I thought it was a little too expensive and some of the meals, including mine, could have used more mushroom or some sort of meat. It felt like they were being a little cheap there, but were generous with the portions otherwise. Overall, this is a solid choice for a good, hearty local breakfast and is a lot better than most other breakfast restaurants. Try it out!



Photo Credit: Dylan Holtmeier